

INEBRIETY  
AND  
OPIUM EATING:

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IN BOTH CASES A DISEASE.

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METHOD OF TREATMENT,  
AND  
CONDITIONS OF SUCCESS.

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BY GEO. F. FOOTE, M. D.,  
STAMFORD, CONN.

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## INEBRIETY AND OPIUM EATING.

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IN BOTH CASES A DISEASE.

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### *Method of Treatment and Conditions of Success.*

1. It is indispensable that the patient should desire a cure. The more ardently the better.

2. He should be received by his physician in a spirit of true beneficence, and treated with all possible kindness. There should be no recognition of his degraded condition. He should be addressed in accents of encouragement, and everything done to inspire him with hope, and to elevate his self respect. He should be placed in good society, composed of both sexes, with all the associations of a refined and cheerful home.

3. He should have all the advantages of the best hygienic care. He should sleep in well ventilated apartments, with ample facilities for bathing. The diet, though plain and free from stimulating condiments, should be generous. His habits of eating and sleeping should be regular, and his life made orderly. He should be abundantly supplied with reading matter, amusements and useful occupations to fill up the time and prevent *ennui*.

4. The most confiding relations should be established, as early as possible, between the physician and his patient, by which the former should acquire a thorough knowledge of the cause or causes (if any there were) which in connection with the use of stimulants, have produced the evil, which he is seeking to



remedy. He should ascertain when the patient commenced such use, and how far the same has been continuous, or intermittent, and the quantity imbibed daily. In short he should obtain, so far as is possible, a complete history of the case to be kept at all times in view, until a cure is effected, and the patient should be encouraged to speak freely, touching his symptoms and their changes from time to time, as the treatment progresses.

5. It should be assumed on the part of the physician, that the habitual use of the alcoholic or narcotic element has diseased the system, both directly and indirectly, or in other words has produced a physical and functional derangement of the organism, and that such use has reduced the digestive, pulmonary, urinary and nervous systems, to a condition that is thoroughly morbid. This is ever accompanied with a desire for alcohol or opium, or as the case may be both, which in the first instance was but slight, but grew stronger and stronger by indulgence, until it has been made absolutely irresistible.

6. This excessive desire in most cases, as is well known, is not all the while present with the patient. It is paroxysmal. The intervals of repose are sometimes longer, sometimes shorter, and may occupy even months, but usually are brief; but when the attack comes, it is with a power of which it is difficult to form an adequate conception. The electric flash is little more rapid or intense than this malign element which the unhappy patient has implanted in his system.

7. The patient should be instructed to consult his physician whenever any such crisis occurs; and it is found by experience, that he will readily do so, and that the physician, if competent to deal with the subject, will resort to certain remedial agents, which in most cases will operate to subdue the paroxysm in a brief space of time.

8. The patient has brought upon himself these evils, by acquiring the habit of imbibing the alcoholic or narcotic element in increasing quantities, thus creating a desire "which has

grown with its growth, and strengthened with its strength," until it has obtained an absolute mastery over its subject. The only judicious way of treating such a case, is to reverse the process by which the habit has been acquired; the physician should take the administration of the element, whether alcoholic or narcotic, into his own hands, and should begin with a quantity corresponding in some degree, with what his patient has been in the habit of imbibing daily, and should gradually, though somewhat slowly, diminish the same. A convenient way of doing this, is to set aside in some proper receptacle, a quantity that the case would probably require, and then fill up with water, as dose after dose is withdrawn, so that he who commenced with an amount of alcohol or opium, which no stomach in a normal state could possibly bear, finds himself gradually gliding into the catagory of a cold water man. In the first instance he glides down towards the pit below, and he is now gliding up, and though he is engaged in a terrible struggle, hope has taken the place of despair. This process may occupy some six weeks, or even longer in very bad cases; let it be understood that it is not claimed that this alone will effect a cure—very far from it.

9. Any sudden change in the habits of the inebriate or opium eater, by wholly depriving him of his accustomed stimulant or narcotic, is highly inexpedient and sometimes dangerous, resulting in fearful nervous excitement, and great physical depression. It is in violation of the laws governing the animal economy, where all normal changes are in the order of progression by successive steps, and it has been through this order that the system has become accustomed to the amounts of liquor and opium, taken by the habitual consumer.

10. The patient by a protracted use of alcohol or opium in excess, has benumbed or paralyzed the perception of taste, and the nerves of sensation, and therefore he is usually found resorting to stimulating condiments to arouse both; to get rid of



this propensity, is essential to the cure, requiring the especial attention of the physician.

11. The patient has been led into inebriety by temptation, and he should be restored into sobriety by the same process. Therefore the patient must be left in freedom, and to be in freedom he must be exposed to temptation; in other words, it is a part of the cure that he shall gradually learn to exercise his will power in overcoming his desires in presence of, and while exposed to those influences that have begotten the infirmity. To effect which, he must be brought in contact with spirituous liquors, or opium, or both, while the temptation must be graduated to his powers of resistance, as "the wind is tempered to the shorn lamb," practicing abstinence while in full liberty "to touch, taste and handle the unclean thing." This is essential for two reasons: first, as a discipline to the will, second, as a means of knowing when the cure is completed. But the process of temptation is not to be commenced until reduction has done its work, or until the patient can dispense with the use of either alcohol or opium, or both.

12. The inebriate does not drink, or the opium eater take opium, to gratify the sensation of taste. With the confirmed drinker there is no perceptible pleasure in the act of imbibing strong drinks. Indeed both have so overwhelmed the perceptivity of these organs by repeated and enlarged doses, that the sensation of taste for these substances has become nearly annihilated. A man who can turn down a glass full of raw whiskey or brandy without a consciousness of the fiery sensations that would be inflicted upon a novice, has burned out and benumbed the nerves that give the pleasurable sensation of taste, as well as those that guard the portals of the stomach, to prevent the introduction of improper substances to that organ.

The desire for stimulants grows out of an appetency of the system, for something to arouse the worn out and exhausted organism, to renew its energies for activity and pleasure, which though known to be limited in their duration, with a

reaction that is still more depressing, yet satisfy for the time; and also out of an anxiety to relieve the sufferings that inevitably follow in the wake of exhausted vitality, produced by over-excitation.

13. **TREATMENT:** This consists, in addition to the gradual withdrawal of all stimulants and narcotics, as already mentioned, in the careful administration of medicine to meet the various symptoms in each particular case. Most of the inebriates have a periodicity in their desire for stimulants, an urgent and uncontrollable demand that seeks relief in the indulgence. These attacks should be promptly met with relieving medicines, and the paroxysm will be bridged over for the time; during the intervals suitable remedies may be administered to lessen their violence, and eventually prevent their return.

14. We prefer our patients should come to us while in the indulgence of their daily potations, giving us the opportunity to gradually reduce their daily beverage, while we administer the needful medicines. Our experience teaches us that patients with this mode of treatment get well sooner and make better cures than when the habit has been broken off suddenly.

15. The process of temptation is to be carried on by putting into the hands of the patient the article he has indulged in, beginning with a very small quantity, and gradually increasing as the patient gains in his powers to resist, he being required daily to handle, smell and taste, but by no means to swallow the same; ultimately he is allowed unrestricted access to an unlimited amount.

During the earlier part of this process the patient will be subject to the paroxysmal attacks already referred to, which the physician will counteract and relieve in the manner stated. These will grow less and less, until they disappear; usually the patient does not experience them at all during the last few weeks of treatment.

16. The effect of the treatment in most cases, is to produce critical and extensive eruptions, generally resembling flea bites



or nettle rash, upon the surface of the body, always annoying, and in some cases for a week or so, excessively troublesome. In some cases it appears in the form of boils,\* while in a few the crisis manifests itself by an exhaustive diarrhea; thus indicating a morbid condition of the system that purifies itself by throwing the disease out upon the surface, or through the excretions. This result is usually obtained after six or eight weeks' treatment.

17. Most of the patients have some chronic ailment in connection with the infirmity for which they seek especial treatment. Indeed it is too often the case that the infirmity is the result of the injudicious medical prescriptions given as palliations to these ailments.

These should receive especial care, and so far as time allows they should be met with curative medicaments, and the patients will in most cases, be sent out of the Home in comparative health.

18. The whole process is to be conducted upon the plan of according to the patient perfect freedom, except in cases of delirium from intoxication—no bolts! no bars!

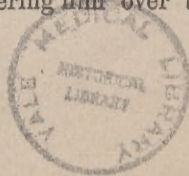
It is found by experience that the patient will seldom leave the premises constituting the Home, without the permission of his physician; for when he enters it he learns at once that the best of liquors and opium are at hand, and that he has no occasion to go abroad for either. He soon finds also that the paroxysmal craving which he has hitherto been unable to resist, can and will be controlled by pleasant medicines. Hence he usually remains quietly at the Home perfectly content with what is allowed, while the daily doses are graduated down to total abstinence.

The rules require him for the first few weeks to remain upon the premises which are extensive, with abundant means for occupation and amusements; these he cheerfully complies with. Should there be an exception, he is sought out and brought back by kind and affectionate treatment. After a



while he is permitted to take walks in the Village and Country, and upon the Sea Shore, or to engage in fishing or sailing in company with suitable persons to care for him, and as the case progresses more liberty is permitted. Senior patients are made guardians of the juniors, over whom they exercise almost a parental care, and all are gradually led along to exercise and strengthen the faculty of self control, which they had lost.

19. The ground is here distinctly taken that any patient who has a desire to be cured, (which we have already made a condition of success,) and who is carried fully through this process, will in no case relapse. The period of treatment already named, is six months, but it may require nine. On what basis does this assurance rest?—It is a compound one. (1.) The patient is in earnest in seeking a cure; he feels himself to be subject to a terrific evil, from which he would be delivered as from death. (2.) The effect of the treatment is to create a positive disgust for the mischievous element, whether alcoholic or narcotic. This appears in nearly every case during the treatment to the extent of nausea and sometimes vomiting, and this aversion becomes nearly, if not quite as thoroughly established as was its opposite, when the patient entered the Home. (3.) Besides all this, his power of self control has been substantially restored to him in the manner indicated. He leaves the Home in the best possible sense, a freeman, and the power to lead a life of abstinence as in the case of its opposite, will continue to grow with its growth and strengthen with its strength, until his position becomes even stronger than those who have not fallen into the same evil practices. Full well does he know the horrors of inebriety, or opium eating; full well does he realize the hazard of any indulgence, and the danger of tampering with a foe that has power to plunge him into ruin. He knows how insidiously this monster of evil made its approaches, and with what irresistible force it ultimately seized its victim, and manacled him as “with wristlets of brass, and fetters of iron,” delivering him over to all the



horrors of a living death. It is certain that such a man once redeemed, could not relapse through inconsideration or heedlessness, which in most cases is the origin of this great evil. To the end of life he will be awake to the danger, and have ever present a vivid recollection of his miseries, and his power to resist temptation will all the while be made stronger by persistent abstinence. Is it too much for us to insist that such a man is in a safer condition than any one can be who has not had such a terrible experience? Most emphatically we affirm this is true of such a case, as compared with that of the vast body of moderate drinkers to be found in all parts of our country, from whose ranks the great army of drunkards are being constantly recruited.

In conclusion, I deem it proper to state that this scheme for the treatment of inebriety and opium eating, originated many years ago in my private practice. The first patient thus treated, occurred in 1848. It was that of a married lady of about thirty-five years of age, who had contracted the habit of opium eating in quantities that had produced paralysis of the lower limbs, whom I succeeded in relieving from all desire for opium and in restoring to health by the process herein before detailed. This was succeeded by many other cases of opium eating and inebriety, attended by a success that warranted the establishment of the present "Home."

GEO. F. FOOTE M. D.,

Stamford, Conn.

February, 1877.





## CREDENTIALS.

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The name of the patient whose two letters appear first in order is withheld at his request, but Dr. Foote is authorized to communicate it to those who may desire further information.

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February 16, 1877.

HON. TRUMAN SMITH, Stamford, Conn. :

My Dear Sir :

Your favor of the 15th inst., was duly received.

I shall be most happy to give you all the information in my power, relative to Dr. Foote's methods of treatment of inebriates, with the sole reservation that my name shall not get into the papers; otherwise you are at full liberty to use this letter at your discretion. I may hereafter deem it my duty to make a more public explication of my views and experience, but that time has not as yet arrived.

My personal experience in the matter of drinking is briefly told. I was brought up in the habit of the moderate use of wine from almost my youth. As a student, as a member of the bar, in all official capacities, I found it the *fashion*, and I followed the fashion. It was an agreeable stimulant. Nearly all of my associates did the same. It was a social practice, and thought to be a gentlemanly habit, and nobody was regarded the worse for it, even though on rare occasions the drinking was carried to excess. Bar dinners and suppers, official receptions and celebrations, could never go off reputably in former times without the article. Perhaps your longer and more varied experience in a much higher grade of professional and official life than I ever filled, will cause you to understand fully what I so imperfectly allude to.

The appetite, however, grew by what it fed on. Business troubles, brought on by the treachery of a friend, worried me night and day. I found relief in intoxicating stimulants. It made me forget. It helped for a time to diminish my anxieties. I found it cheering and comforting. It made me rich when I was poor. But I need not go on—it is the “old, old story.” This comforter, this wealth-producer, at *last* turned upon me and became my master. I was a slave. I had to do its bidding. My stomach demanded it. I had no appetite. I lost all courage. I neglected my

business. I was ashamed of myself, and in utter despair, looking and hoping for death as the only means of relief.

It was at that moment, when, by the Providence of God, Dr. Foote's Circular was placed in my hands, and I was asked by a friend what I thought of it. I said instantly I will go there, it may cure me;—if not, I have still left the last sad remedy. I had not then heard of Dr. Foote, but saw in his circular a theory of cure which struck me as reasonable. When I arrived at his house, I was received with a warmth and sympathy which gave me the first glimmer of light in the darkness. Dr. Foote, instead of treating me as a miserable inebriate, lifted me up at once into a degree of self respect. I began to feel salvation at least possible. But if he had at once cut me off from all stimulant, my cure would have been utterly hopeless. The stomach imperatively demanded it. But under his wise treatment it gradually called for less and less; so that in the course of a month I had become so far self-controlled as to cease taking stimulants entirely. He measured it out himself, and put it into my hands. In fact, he treated me as a *sick* man, and followed my case from day to day, and from night to night, with the utmost kindness and care. The appetite would now and then flash across me, but at last I was again master. The chains that bound me were broken. I have now no desire. I think of whiskey and its related stimulants, not merely with indifference, but positive aversion.

You ask how much time it will occupy. That will depend on the condition of the patient. I was there six months. A shorter time might answer for a younger man. But the cure should be a permanent one, so that the patient, when he goes back into busy life, and is beset by temptation, can resist successfully. Compared with this, *time* is but of little importance.

Let me say, in conclusion, that Stamford has an institution in Dr. Foote's establishment which the temperance people of that good town ought to foster by every means in their power. They should make it known abroad. They should write about it in the press, and speak of it in public temperance meetings. Once generally known, it would soon grow into an institution of great public use.

Very sincerely yours.

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February 27, 1877.

HON. TRUMAN SMITH:

MY DEAR SIR:

Your favor of the 18th inst. was duly received, but unavoidable circumstances have delayed an answer until now.

In addition to what I wrote previously, I desire to say that the gradual reduction of stimulants was by no means the chief cause of my cure.



That was quite a subordinate agency. The medication by Dr. Foote stands first in his system of curative remedies. When the appetite specially asserted itself, and made its importunate demand for its usual stimulant, Dr. Foote could and did, within a few minutes, quiet the craving by medicine. He watched the case daily—I might say hourly—as a physician watches any other case of disease. The appetite is not always demanding stimulants. It is fitful—intermittent—or, to use your own more expressive word, paroxysmal. It comes upon the sufferer suddenly, violently, as the hot flush comes upon the fevered patient. It is in agony until gratified. Dr. Foote's method is to meet the case at this critical point. And I assert with absolute certainty, from observation and experience, as in my own case, that he was invariably successful. His method diminishes by degrees the frequency of the desire, as well as its intenseness, and restores gradually to the patient the supremacy of his *will*, which he had lost while under the domination of his appetite.

One noticeable result of Dr. Foote's method of treatment in my case it may be interesting to mention. Gradually a kind of rash or humor broke out, until I was covered with sores from the upper part of my body to my feet. So troublesome was it, that I could not, for a considerable while, lie down but for short periods, and frequently had to sit in my chair through the night. Having always considered my blood pure, this was to me at first incomprehensible. But I soon learned, through my physician, that this was one of the results he aimed at. It was the outcome of a diseased stomach, and I found that the worse I was, the happier it made the Doctor. It was *Nature* repenting of its physical sins, and throwing them off. As I grew better in this respect, my appetite for wholesome food grew stronger, and my appetite for stimulants weaker.

One other point in Dr. Foote's method deserves notice. It is his theory of *temptation*. When the patient reaches a certain stage he is placed under temptation. The aim is to make the patient so strong that he can finally see, smell, or taste even, of stimulants without desire. In my case he placed a bottle of whiskey in my room, and a small vial to be carried in my pocket, after I had reached the proper point, and I then looked upon the article with indifference and aversion. One day I tasted it, as an experiment, but it produced vomiting. I told the Doctor of it, and that if he wanted to try my power to resist temptation, he must give me a good article, and not such "doctored stuff." He laughed, and said it was a pure, high-priced article; and the result he considered good evidence of a radical cure.

I am aware that some good temperance people will deny the policy either of *gradation* or *temptation*. Probably in some moderate cases, neither may be necessary. I only speak of my own experience. With me, I know they were of immense use, and the wisdom of the theory commends itself to my best judgment. When the inebriate has reached the *helpless*

state—when his will-power is completely subordinated—he is then in the condition of a *child*, and must be treated as a child. As he passes out of that state, and gradually reassumes his manhood, he must, if he would be permanently strong, go through *temptation*. So it seems to me.

Permit me to repeat, what I said in my previous letter, that the patient becomes at once a member of the family. He is at the same table with the family, and is treated in all respects as a friend and equal. He is made very soon to forget the unfortunate circumstance that introduced him there, and to feel that he is simply a patient to be cured of disease. My personal experience in this respect, is, I do not hesitate to say, the experience of all who have been under Dr. Foote's treatment.

Of the success which has attended his method of cure, I have heard many instances, and am personally cognizant of several, besides my own. When I went to the "Home," I found a number of patients who had been so low down that it was impossible for them to fall lower. *They* were all cured, and are now respectable members of society.

Of course, in all I have said, it must be understood that the patient must co-operate, to some extent, with his physician. He must at least be willing to be cured. The *desire* to be, will gradually be created as he reassumes his lost manhood. With great respect,

I am,

Yours truly.

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[From the HON. TRUMAN SMITH, for many years a Representative and Senator in Congress from Connecticut.]

The undersigned became acquainted with the writer of the foregoing letters while he was an inmate of Dr. Foote's Home in Stamford, Conn. In the first instance he did not know that he was there being treated as a patient, though he suspected it. Probably he had been in the institution near or quite four months before he came in contact with him. During this period, he several times met him on the street, sometimes alone and sometimes in company with others, having the appearance and demeanor of a gentleman. At length a circumstance occurred which led to an introduction and to considerable intercourse.

Dr. Foote proposed to the undersigned for his consideration, a new line of policy to be pursued for obviating, so far as is practicable, the evils which result from the grog shop nuisance. The views of the Doctor were novel, but struck the undersigned favorably. As however the project would require legislation, he could give him little encouragement, his own experience in that line having proved quite unsatisfactory. The Doctor, however, was sanguine in the belief that his beneficent object was attainable, and he and his patient, the gentleman referred to, who is a lawyer, and has been a judge, conjoined their powers in the preparation of a bill



on the plan proposed, to be submitted at the then approaching Session of our General Assembly.

The Doctor also got up a meeting of a considerable number of our most respectable citizens to consider the subject, which was addressed by the Doctor and his lawyer patient, in advocacy of the new policy. What followed would not be appropriate to the subject which we have in hand to state. But it is sufficient to say that the Doctor's patient, by a few sensible remarks, furnished not a little evidence that he had been disenthralled from alcoholic despotism, and was more than likely to be thereafter a free man in the best sense of that word. Nothing could be more apparent than that in this gentlemen we had before us a citizen of high intelligence. Indeed the above letters, written at his home and at their respective dates, furnish conclusive evidence on that point.

It is impossible to appreciate properly this remarkable case of restoration from inebriety, without adverting to the fact that he was past three score years of age when he came to Stamford, and without entering into some details, as to his antecedent life, which are as follows: viz., he had been a lawyer for thirty-three years; editor of a leading religious weekly paper two years; editor of two secular papers, one for two years, and the other for twelve; surveyor of customs at the port of his residence four years; mayor of the same city three years; member of the legislature two years, and Speaker of the House part of one year; judge of a court seven years; president of a savings' bank sixteen years, and of a State industrial school for girls three years. What an absorbing life must he have led to discharge the duties of so many places—all respectable, some laborious, and others involving high responsibility! How intently must he have enjoyed public confidence to be called to fill them; and what was he about in the midst of such avocations during all this time? He himself has depicted the scene in his first letter with the hand of an accomplished limner. By "looking upon the wine when it is red, when it giveth its colour in the cup, when it moveth itself aright," he found, as have a vast multitude of our countrymen, that "at the last it bit like a serpent and stung like an adder." How remarkable it is that such a man, in such a deplorable condition, should have come among us from a distant part of New England for salvation from one of the greatest curses that can befall humanity; and that too, with a mere glimmer of hope, and yet should be enabled to leave us, at the end of six short months, with his object realized, to resume at his home his accustomed vocation. How can any such case, being thoroughly authenticated as this is, fail to inspire every candid mind as it has the undersigned, with confidence in the efficacy of Dr. Foote's treatment of inebriates.

Here two questions will naturally suggest themselves, as follows: (1) Can the Doctor treat a succession of cases like the above, with equal success? and (2) would not parties thus treated be likely to relapse, and fall again into the same evil?

To the first question the undersigned has to say, that those who take an interest in the subject must investigate it as he has, and then they can judge for themselves. And to the second question he makes the same answer, and asks even if there be such danger, should not the treatment in view of the facts stated, be deemed a great benefaction? Is it a slight thing to take a man out of the slough of inebriety, set him up on his feet and enable him, with an upturned face and a firm tread, to return to his family and friends, to be by them received with joy and rejoicing, though he may at the end of one, three, or five years, fall away and again plunge into ruin? No doubt any man can do so if he will, however rigidly abstinent his previous life may have been. But it would be uncandid for me to say or intimate that I consider any man who goes out of this institution in appearance cured, is in a condition as safe as is one who has all his life been strictly temperate—far from it.

The undersigned, however, does not hesitate to declare that he has a strong expectation that Dr. Foote's method of treating inebriety will prove on protracted trial to be vastly more efficacious than any other hitherto adopted. Nay! he believes it has been so up to this date.

TRUMAN SMITH.

STAMFORD, CONN., March, 1877.

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[*Statement by the REV. G. B. WILCOX, Pastor of the First Congregational Church, Stamford, Conn.*]

I have had personal knowledge of Dr. Geo. F. Foote's Home, and of his method of treatment. I have learned by prolonged conversation with his patients the results of his method; and I am free to say that they are to me simply astonishing. They completely dispose of the impression I had held for years that a confirmed and inveterate appetite for strong drink is ineradicable. I conversed freely and fully with the writer of the letters referred to by Mr. Smith, in regard to the history of his case, both before and after his resort to Dr. Foote's Home. By the excessive use of intoxicating stimulants he had completely lost the power to control himself, and was in a state of despair. At this stage of the case, as he informed me, Dr. Foote's establishment and method of treatment were brought to his notice by a friend, and thereupon he concluded to give it a trial as a dernier resort.

Under this treatment he was not at once deprived of the beverages in which he had indulged, but the quantity was daily reduced, and remedies given to correct the morbid appetite. Meanwhile his old enemy was constantly before him, in his own room, and carried about his person. Indulgence was at any time easy, and medical remedies were relied upon to correct the diseased appetite whenever it arose. By this process, in the course of six months, when he left the "Home," he had so completely recovered, that with liquors continually at hand, he had no inclination to use them. He had no longer a battle to fight.

His experience and that of others have convinced me that no man who is in a condition to avail himself of Dr. Foote's care need yield to the tyranny of this deadly craving for strong drink.

G. B. WILCOX.

March 30, 1877.

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[*Statement by the REV. EDWARD LATHROP, D. D., Pastor of the Baptist Church, Stamford, Conn.*]

I feel it to be a duty which I owe to the public, to state the estimate which I have formed, both of Dr. Foote, as a medical practitioner, and of the "Home," established by him in this town, for the cure of Inebriates and other unfortunate sufferers. Circumstances have brought me into somewhat intimate acquaintance with Dr. Foote's method of treatment, especially in the case of inebriates, and I have no hesitancy in declaring it to be my opinion that the cures effected in some of the worst cases I have ever known, have been radical and permanent. Not only has the habit of intoxication been broken, but all desire for using stimulating drinks has also been removed. This I know from the positive testimony of some with whom I have been brought into the closest personal and official relations, and also from my knowledge of their subsequent conduct when placed under strong temptation.

The medicinal remedies employed by Dr. Foote, the generous and kindly treatment of patients in his family, and the moral influences thrown around those who are *willing* to be cured, combine, in my judgment, to make the "Home," one of the beneficent institutions of our country.

EDWARD LATHROP.

STAMFORD, CONN., March 30, 1877.

P. S.—I ought to add that I became acquainted with the writer of the letters referred to by Hon. TRUMAN SMITH, while he was an inmate of the "Home," and under treatment. I was very favorably impressed with him as a gentleman of great intelligence and integrity of character—in a word, as a man whose statements on any subject are worthy of implicit confidence.

E. L.

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[*Statement by the REV. J. M. BUCKLEY, D. D., Pastor of the Methodist E. Church, Stamford, Conn., in which he speaks of the remarkable case adverted to by Dr. Lathrop, Mr. Smith, and Mr. Wilcox.*]

The institution, for the restoration to health and healthful habits of those in whom the use of intoxicants or narcotics has become a disease, conducted by Dr. G. F. Foote, on Strawberry Hill, in Stamford, Conn., has come frequently under my observation during my residence in that place. In theory it differs from other institutions having a similar purpose. It proceeds, not on the principle of coercion, but of building up health and character in those who are anxious to reform. It does not require complete



abstinence until the system has been gradually prepared for it. The success of the practice in obstinate cases has demonstrated the soundness of the fundamental idea. I am cognizant of cases, one in particular, in which hope had fled. But the treatment proved a complete success. The age, dignity, and former public services of the person referred to, invested the case with peculiar interest. If I had a friend who felt his chains, and tried but failed to break them, my first effort in his behalf would be to place him at the Home of Dr. Foote, where hygienic, medical and moral influences are united in the effort to restore him to soundness of mind and body.

J. M. BUCKLEY.

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AUGUSTA, MAINE, April. 21, 1877.

It gives me great pleasure to state that I know of one instance of striking success in the treatment of Dr. Geo. F. Foote. The patient was a vigorous lady of thirty-five, from one of our best families, but who had been for years chained to the excessive use of alcohol, opium, bromides, chloral, and indeed almost anything that would procure a temporary gratification of the perverted desire for stimulants.

Notwithstanding a naturally strong will, which was often put forth with all her power, she could not deliver herself.

She passed nine months with Dr. Foote and returned home cured some two years ago, and remains so to the present time. The annexed letter is from the lady referred to.

JAMES B. BELL, M. D.

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WASHINGTON, D. C., March 12, 1877.

I very cheerfully commend Dr. Foote and his method of treatment to any one afflicted with an uncontrollable desire for stimulants or opiates. I speak from personal experience. Two years since I became a patient of Dr. Foote. No one could have been more skeptical as to the cure he promised than I was. Whenever haunted with the desire for stimulants, relief was speedily and promptly received by the remedies from Dr. Foote. After a stay of six months I came away restored to health, and with no more desire for stimulants than an infant has. I would earnestly urge any one suffering in a similar manner to avail themselves of this treatment, feeling confident of a speedy and permanent cure, for any case, however hopeless it may seem.

H. M. P.

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April 5, 1877.

Feeling deeply grateful for the benefit I have received from Dr. Foote, I wish to give my testimony, with others, for the benefit of those afflicted as I was. I had been suffering for ten years from the effects of opium and other stimulants, having been in the habit of taking some twenty grains of morphine, and nearly a quart of whiskey a day. I was completely benumbed from the effects, and cared little whether I lived or died.

In that state of mind, I went to Dr. Foote's Home, where I was kindly and systematically treated. My opiates and stimulants were gradually taken from me, and I began to realize my condition, and with great determination, and a fierce perseverance, I resolved to become what I knew, with Dr. Foote's care, I might be, a respectable member of society, which for many years I had not been.

The course of treatment I received increased my general health and strength, and in nine months I left there free from any desire for opiates or stimulants, and have remained so for the past four years, although passing through trials and sorrows innumerable.

I can cordially recommend Dr. Foote's Home as a curative institution, to those who need his care and attention. I am fully satisfied that I have entirely recovered, and will cheerfully answer any enquiries honest investigators may choose to ask.

A. I. T.

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STAMFORD, CONN., Feb. 23, 1877.

I cheerfully give publicity to the cure wrought upon me at Dr. Foote's Home. For some ten years I had been accustomed to the use of stimulating drinks, which, at the time I went to Dr. Foote's, had become excessive and demoralizing. I was under treatment about eight months. The stimulants were gradually and almost imperceptibly withdrawn; while the desire for liquor was controlled and completely subdued by the use of medicine. I left Dr. Foote's Home entirely cured in the winter of 1875-6, spending the succeeding eight months in the wine districts of Europe, where I demonstrated to the astonished natives that wine was not essential to health and happiness, and that pure water was not dangerous as a drink, or for the purposes of abluition.

While under treatment at Dr. Foote's, I met others undergoing a similar process, all of whom were cured; and I advise all, who by this disease have become slaves to an appetite for stimulants that overpowers their will principle, to go at once to Dr. Foote's Home, where they will find congenial and sympathizing friends, and in time be restored to independence and manhood.

A. L.

FAIRFIELD, CONN., March 1, 1877.

It gives me pleasure to testify in favor of Dr. Foote's Home. I became a patient of Dr. Foote's after having failed in many ways to abandon the use of stimulating drinks, to which I had been a slave for several years. The treatment was effectual in removing all desire for liquor, and for eight months since leaving there, I have been free from all intemperate habits.

The Home is pleasant, Dr. Foote and his family kind and affectionate, and the treatment mild. I cheerfully recommend Dr. Foote's Home as the proper place for all to go who need his aid.

R. C. K.

For many years I have been the family physician of the writer of the foregoing letter. Early in life he fell into habits of inebriety that continued for several years, and eventually became very bad. It was apparent that he was rapidly hastening to a drunkard's grave. Being well acquainted with Dr. Foote, and having all confidence in his manner of treating cases of inebriety, I persuaded him to go to the "Home" under the superintendency of Dr. Foote, at Stamford, in this State, which he entered the first of January, 1876, and where he remained six months, leaving there apparently reformed and cured, and I fully believe is so in fact. Since then he has spent most of his time in New York City, exposed to temptation and suffering from trials peculiarly harassing. I have seen him occasionally up to the present writing, and there is not in his appearance or conduct the slightest indication of the former evil.

FAIRFIELD, CONN., Feb. 23, '77.

JEREMIAH T. DENNISON, M. D.



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Those with impaired health from the misuse of intoxicating liquors or opium, desiring to be freed from the burden of an irresistible habit, that brings with it so much trouble to themselves and their friends, will find this a retired and quiet spot where unknown to the outside world, they can remain for a season and be cured.

This beautiful Home upon elevated grounds, overlooking Long Island Sound, with extensive and pleasing views of the surrounding country, has all the conveniences adapted to meet the wants of a curative and model institution.

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The number of patients is limited, and all meet with the family at one common table, and associate in the parlor and grounds. All are treated as ladies and gentlemen, and every effort made to promote a home influence with contentment and happiness, and to relieve them from the ennui that must prevail when the sexes are separated. The discipline, while allowing as much freedom as is necessary for the comfort and self-respect of each, is exacting and positive. There are no grates, bars, or high fences to offend, or suggest prison restraint, but the entire surroundings are cheerful and pleasant.

Prices vary with accommodations. Usual rates \$15 to \$20 a week. Washing, extra. Payable quarterly (13 weeks) in advance.

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